Please be careful with me!

I have a broken right/left collar bone (fractured clavicle)

- My bone will heal on its own but there are a few things you can do to make me more comfortable:
  
  When holding, moving or breastfeeding me, make sure to support my sore arm.
  
  When dressing me, put the shirt on my sore arm first and when removing it, take the shirt off my sore arm last.
  
  I am more comfortable with my sore side up when being held or breast fed; or tummy skin to skin with you. But remember I always have to sleep on my back when you are not holding me! Ask my nurse to show you different breastfeeding positions.
  
  I feel more comfortable tightly swaddled with my arm in a natural position at my side.
  
- Please let my medical team know if you think I am in pain that isn't helped with positioning, swaddling or feeding.

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